

Apple-Sage Wild Rice Stuffing

Prep time: 25 minutes

Cook time: 20 minutes

Makes: 12 Servings

Ingredients

4 ounces chopped pecans
4 teaspoons canola oil (divided)
1 1/2 cups diced celery
1 1/2 cups diced onions
1 medium red apple, such as Jonathan or Gala (halved, cored, and diced (about 1.5 cup total))
2 cups hot cooked brown rice
1 cup hot cooked wild rice
1/2 cup dried cranberries
1 medium jalapeno pepper (seeded (if desired) and finely chopped OR 1/4 tsp dried pepper flakes)
1 1/2 tablespoons chopped fresh sage (or 1.5 tsp dried rubbed sage)
3/4 teaspoon salt

Directions

1. Heat a large skillet over medium-high heat. Add the pecans and cook 2-3 minutes or until beginning to brown, stirring frequently. Set aside on separate plate.
2. Heat 1 teaspoon of the oil over medium heat. Cook the celery and onion 8 minutes or until beginning to lightly brown on edge, stirring occasionally.
3. Add the apples and cook 4 minutes or until tender crisp.
4. Stir in the pecans and the remaining ingredients and

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	193	
Total Fat	9 g	14%
Protein	4 g	
Carbohydrates	26 g	9%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	307 mg	13%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1/4 cup
Grains	1 ounce
Protein Foods	1/2 ounce

cook 3-4 minutes or until the rice mixture is heated, stirring occasionally.

Notes

Chef's Notes: Use any of your favorite nuts in place of pecans. Or leave them out if someone is allergic.

Materials: Large skillet, Measuring cups, Measuring spoons, Mixing spoon, Sharp knife.